

Raleigh Parks & Recreation Adult Tennis

Summer 2012



Adult Instruction

Adult Level 1

Age: 18yrs and up. No experience needed! Forehand + backhand groundstrokes, volleys, overhead, serve, scorekeeping and the rules. To graduate to level 2, players must be able to serve from the baseline, keep score + play a full court set. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#125717 Jul 9-Aug 22 M,W 6:00-7:00pm
#125718 Jul 9-Aug 22 M,W 7:00-8:00pm
#125726 Jul 9-Aug 22 M,W 10:00-11:00am
#125727 Jul 10-Aug 23 T,Th 11:00-12:00pm
#125728 Jul 10-Aug 23 T,Th 7:00-8:00pm

Lake Lynn Community Center

#125720 Jul 9-Aug 22 M,W 6:00-7:00pm
#125721 Jul 7-Aug 18 Sa 9:00-10:00am

Kentwood Park

#125722 Jul 9-Aug 22 M,W 6:00-7:00pm
#125723 Jul 7-Aug 18 Sa 10:00-11:00am

Lions Park

#125724 Jul 10-Aug 23 T,Th 6:00-7:00pm
#125725 Jul 7-Aug 18 Sa 10:00-11:00am

Biltmore Hills Community Center

#125729 Jul 10-Aug 23 T,Th 5:30-6:30pm

Adult Level 2.0/2.5 Drills

Age: 18yrs and up. Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set or have an NTRP 2.0 or 2.5 rating. To pass, players must be at the 3.0 level. Fee: \$96 Weekday/\$48 Sat

Millbrook Exchange Tennis Center

#125750 Jul 9-Aug 22 M,W 11:00am-12:00pm
#125745 Jul 9-Aug 22 M,W 6:00-7:00pm
#125749 Jul 10-Aug 23 T,Th 10:00-11:00am
#125748 Jul 10-Aug 23 T,Th 7:00-8:00pm
#125746 Jul 7-Aug 18 Sa 10:00-11:00am

Lake Lynn Community Center

#125747 Jul 10-Aug 23 T,Th 6:00-7:00pm

Adult Level 3.0 Drills

Age: 18yrs and up. Must be at the NTRP 3.0 level or have full swing strokes during match play to enter this class. This drills class may include topspin, underspin + slice serving. To advance, players must be at the 3.5 level or be able to hit topspin+underspin and slice serves. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125789 Jul 9-Aug 22 M,W 7:00-8:00pm
#125788 Jul 10-Aug 23 T,Th 6:00-7:00pm
#125786 Jul 7-Aug 18 Sa 11:00am-12:00pm

Lake Lynn Community Center

#125793 May 7-Jun 20 M,W 8:00-9:00pm

Adult Level 3.5 Drills

Age: 18yrs and up. Must be at the NTRP 3.5 level or able to hit topspin+underspin on ground-strokes, underspin volleys and slice serves. This is a class which will work on all of your strokes. To graduate, you must be 4.0 level. Fee: \$96 Weekday/ \$48 Sat

Millbrook Exchange Tennis Center

#125837 Jul 10-Aug 23 T,Th 6:00-7:00pm
#125838 Jul 7-Aug 18 Sa 12:00-1:00pm

Adult Level 4.0/4.5 Drills

Age: 18yrs and up. Must be at the 4.0 level or higher or able to hit topspin and underspin during matches. This is a drills class which has less instruction and more drilling. We don't work on your technique; we drill you to get your legs and heart pumping. Bring your water bottle and get ready to run. Fee: \$96

Millbrook Exchange Tennis Center

#125843 Jul 9-Aug 22 M,W 7:00-8:00pm

Adult Cardio – All Levels

Age: 18yrs and up. Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Policy change - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class. Millbrook Exchange Tennis Center: Class Fee: \$48

#125871 Jul 10-Aug 21 T 9:00-10:00am
#125873 Jul 12-Aug 23 Th 9:00-10:00am
#125872 Jul 13-Aug 24 F 9:00-10:00am

Adult Competition

Singles Ladder

Age: 18yrs and up. Recreational singles ladder play for all levels. Participants play challenge matches for points. Players may join the ladder anytime. Ladder rankings will be updated online each Monday. Players arrange their own match time and location. Class Fee: \$24

Aug 27-Nov 5

#125475 **Women's 2.5** #125470 **Men's 3.0**
#125476 **Women's 3.0** #125471 **Men's 3.5**
#125477 **Women's 3.5** #125472 **Men's 4.0**
#125478 **Women's 4.0/4.5** #125473 **Men's 4.5**
#125474 **Coed Open**

Doubles Ladder

Age: 18yrs and up. Recreational Doubles ladder. Players arrange their own match time and location. The ladder finishes with a season ending tournament for the top 16 players.

Millbrook Tennis Center – Course Fee: \$24
#125435 **Women's 3.5 Doubles** May 21-Aug 6
#125436 **Women's 4.0 Doubles** May 21-Aug 6

Women's Morning Quadrants

Age: 18yrs and up. All matches are at Millbrook Exchange Tennis Center. Each week there will be 8 courts or more of doubles matches. A player will play a total of 24 games in a round robin format—8 games with each of the 3 other players as a partner. The results will be used to adjust positions for the following week. The player with the most games won will move up and the player with the fewest will move down a quad. All players are responsible for being present or having a substitute present. New balls will be provided each week.

Class Fee: \$40

#125849 May 23-Aug 1 W 9:00-11:00am
#125848 Aug 29-Nov 7 W 9:30-11:30am

Tennis – Free Play For Seniors

Age: 55yrs and up. Free organized play for senior tennis players at Millbrook Exchange Tennis Center. Held throughout the year, this is a drop-in mixer with all levels of play. Simply show up and play.

Millbrook Tennis Center

#125868 May 3-Aug 30 M,Th 9:00am-12:00pm

New Policy Changes - NO RAIN MAKEUPS! Class length is now 7 weeks instead of 6 and there are no rain makeups. The fee is still based on a 6 week class.

For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.



Raleigh Parks & Recreation Junior Tennis

Summer 2012



Junior Instruction

Tennis Summer Break Tennis

Age: 6-18yrs. Summer Break tennis instruction and play for juniors of all levels. Players will be placed on the court of their ability. The week finishes with match play on Friday. Class meets indoors on rainy days for physical and mental training. Course Fee: \$90 Mon-

Millbrook Tennis Center – Fri 9am-12pm
#125106 Jun 11-15 #125110 July 23-27
#125107 Jun 18-22 #125111 July 30-Aug 3
#125108 Jun 25-29 #125112 Aug 6-10
#125105 July 9-13 #125113 Aug 13-17
#125109 July 16-20

Tennis Jr. Tiny Tots

Age: 4-6yrs. Eye-hand coordination games + fine motor skills are the focus of this fun intro class. Class Fee: \$48 Weekday/ \$24 Sat.

Millbrook Exchange Tennis Center

#125115 Jul 9-Aug 15 M,W 4:00-4:30pm
#125114 Jul 9-Aug 15 M,W 4:30-5:00pm
#125118 Jul 10-Aug 23 T,Th 5:00-5:30pm
#125119 Jul 7-Aug 18 Sa 11:00-11:30am
#125120 Jul 7-Aug 18 Sa 11:30am-12:00pm

Lake Lynn Community Center

#125116 Jul 9-Aug 22 M,W 5:30-6:00pm
#125117 Jul 10-Aug 23 T,Th 4:30-5:00pm

Tennis Jr. Level 1

Age: 6-18yrs. No experience needed for this class. They will work on full swing forehand and backhand, volleys, overhead, serve, scorekeeping and the rules of tennis. To graduate to level 2, players must be able to serve 6 out of 10 in from the baseline, keep score and play a full court set.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125128 Jul 9-Aug 22 M,W 4:00-5:00pm
#125129 Jul 9-Aug 22 M,W 5:00-6:00pm
#125130 Jul 9-Aug 22 M,W 6:00-7:00pm
#125144 Jul 10-Aug 23 T,Th 4:00-5:00pm
#125142 Jul 10-Aug 23 T,Th 5:00-6:00pm
#125143 Jul 10-Aug 23 T,Th 6:00-7:00pm
#125131 Jul 7-Aug 18 Sa 9:00-10:00am
#125132 Jul 7-Aug 18 Sa 10:00-11:00am
#125133 Jul 7-Aug 11 Sa 11:00am-12:00pm

Lake Lynn Community Center

#125134 Jul 9-Aug 22 M,W 4:30-5:30pm
#125135 Jul 10-Aug 23 T,Th 5:00-6:00pm

Biltmore Hills Community Center

#125145 Jul 10-Aug 23 T,Th 4:30-5:30pm

Kentwood Park

#125138 Jul 9-Aug 22 M,W 5:00-6:00pm
#125139 Jul 7-Aug 18 Sa 9:00-10:00am

Lions Park

#125140 Jul 10-Aug 23 T,Th 5:00-6:00pm
#125141 Jul 7-Aug 18 Sa 9:00-10:00am

Tennis Jr. Level 2

Age: 8-18yrs. Requirements: Must be able to serve 6 out of 10 in from the baseline, keep score and have played a full court set. This class works on using full swing forehand, backhand, full swing serve, overhead, and good volley techniques while playing points. To pass, players must successfully demonstrate these techniques while playing a match. Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125166 Jul 9-Aug 22 M,W 4:00-5:00pm
#125167 Jul 9-Aug 22 M,W 5:00-6:00pm
#125168 Jul 10-Aug 23 T,Th 4:00-5:00pm
#125169 Jul 10-Aug 23 T,Th 5:00-6:00pm
#125170 Jul 7-Aug 18 Sa 9:00-10:00am
#125171 Jul 7-Aug 18 Sa 10:00-11:00am

Lake Lynn Community Center

#125165 Jul 10-Aug 23 T,Th 4:00-5:00pm

Tennis Jr. Level 3

Age: 10-18yrs. Requirements: Must use full swing on all strokes during match play to enter this class. This class focuses on topspin and underspin for all strokes and the slice on the serve. To advance to level 4, players must be able to hit topspin and underspin on both groundstrokes, underspin on both volleys and slice on the serve.

Class Fee: \$96 Weekday/ \$48 Saturday

Millbrook Exchange Tennis Center

#125464 Jul 9-Aug 22 M,W 5:00-6:00pm
#125465 Jul 10-Aug 23 T,Th 4:00-5:00pm
#125463 Jul 7-Aug 18 Sa 11:00am-12:00pm

Tennis Jr. Level 4

Age: 12-18yrs. Requirements: Must be able to hit topspin and underspin on both groundstrokes, underspin volleys and slice serves. This class will work on hitting all the above mentioned spins during match play. To graduate from this class, matches must be played using these shots. Class Fee: \$96/\$48

Millbrook Exchange Tennis Center

#125480 Jul 10-Aug 23 T,Th 5:00-6:00pm
#125481 Jul 7-Aug 18 Sa 12:00-1:00pm

Tennis Jr. 8U Intermediate

Age: 6-8yrs who have played matches and are ready for more advanced drills. Fee: \$96

Millbrook Exchange Tennis Center

#125878 Jul 9-Aug 22 M,W 4:00-5:00pm
#125879 Jul 9-Aug 22 M,W 6:00-7:00pm
#125880 Jul 10-Aug 23 T,Th 5:00-6:00pm

Tennis Jr. 10U Intermediate

Age: 8-10yrs who have played matches and are ready for more advanced drills. Fee: \$96

Millbrook Exchange Tennis Center

#125888 Jul 9-Aug 22 M,W 5:00-6:00pm
#125889 Jul 10-Aug 23 T,Th 4:00-5:00pm
#125890 Jul 10-Aug 23 T,Th 6:00-7:00pm

Junior Competition

USTA Jr. Team Tennis

Age: 6-18yrs. Come to try outs Tuesday or Wednesday May 15 or 16, 4:30pm at Millbrook Exchange Tennis Center to be placed on a team. 8U/10U practices run Fri 5-6:30pm and matches are Sat 9-10:30am. 12U/14U/18U practices run Mon+Wed 1:30-3:30pm and matches are Tue+Thur 1:30-3:30pm starting June 8th. Players must also pay USTA annual membership(\$20) + local league fee (\$10). Fees include a team shirt, Smash Tennis Magazine, access to tournaments + a first time tournament fee voucher.

#125505 8U Beginner	#125500 12U Bronze
#125506 8U Intermediate	#125501 12U Silver
#125502 10U Advanced	#125499 14U Bronze
#125504 10U Beginner	#125498 14U Silver
#125503 10U Intermediate	#125497 18U Silver
	#125496 18U Gold

Tennis Jr NJTL

Age: 6-16yrs. Coaching and league play for beginner and low intermediate players. They will learn the strokes, scoring, rules and how to play a match. Practices are Monday and Wednesday 1:30-3:30pm and matches are Tuesday and Thursday 1:30-3:30pm against the other sites. Season ending tournament July 26-29. Choose a park location that works for you. Jun 11-Jul 26 M-Th. Class Fee: \$45

Biltmore Hills #125569	Carolina Pines #125570
Chavis #125571	Glen Eden #125572
Lake Lynn #125573	Millbrook #125574
Optimist #125575	Worthdale #125576

Tennis Jr. Tournament Team

Age: 8-18yrs. This group will workout and train for tournaments with the intention of establishing or improving their state ranking. Players will be encouraged to do additional training on their own with other team members and to attend USTA/North Carolina Level 5 Futures tournaments.

Lake Lynn. Class Fee: \$168

#125677 Jul 10-Aug 23 T,Th 7:00-8:30pm

To check for weather related cancelations, visit www.raleightennis.com. Click "City Programs" For more information about Raleigh Parks and Recreation Tennis, please call 919-872-4129.